

5 Claims

1. An ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant wherein said composition is in a form so that in use it is
10 dispersed in a liquid prior to ingestion.
2. An ingestible composition according to claim 1 wherein said composition in particulate or granular form.
- 15 3. An ingestible composition as claimed in any preceding claim wherein the particle size of the silica is between 5nm and 5 μ m.
4. An ingestible composition as claimed in any preceding
20 claim wherein the specific surface area of the silica is between 50 and 400gm⁻².
5. An ingestible composition as claimed in any preceding claim wherein the silica is present in an amount of
25 between 0.01wt% and 5wt% of the total weight of the ingestible composition.
6. An ingestible composition as claimed in any preceding claim, wherein the ingestible surfactant is a
30 polyethylene-, polypropylene-, or polyoxyethylene-based surfactant.
7. An ingestible composition as claimed in claim 11 wherein the polyethylene-based surfactant is a
35 polyethylene glycol.

5 8. An ingestible composition as claimed in claim 12 wherein the polyethylene glycol has a molecular weight of between 200 and 40,000, preferably between 200 and 1,000.

9. An ingestible composition as claimed in claim 11
10 wherein the polyoxyethylene-based surfactant is a polyoxyethylene sorbitan fatty acid ester.

10. An ingestible composition as claimed in claim 11,
15 wherein the surfactant is a polyoxyethylene monostearate or a glycerol polyethylene glycol oxystearate.

11. An ingestible composition as claimed in any preceding claim wherein the ingestible surfactant is present in an amount of between 0.01wt% and 5wt% of the total weight of
20 the ingestible composition.

12. An ingestible composition as claimed in claim 16 wherein the ingestible surfactant is polyethylene glycol and is present in an amount of between 0.1wt% and 2wt% of
25 the total weight of the ingestible composition.

13. An ingestible composition as claimed in claim 16 wherein the surfactant is a polyoxyethylene sorbitan fatty acid ester and is present in an amount of between 1wt% and
30 2wt% of the total weight of the ingestible composition.19.

14. A method of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the
35 ispaghula with the colloidal silica and the ingestible surfactant; preferably without the employment of isopropyl alcohol or more preferably of any solvent; and preferably

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5 without the employment of polyvinyl pyrrolidone or more preferably of any granulating agent.

15. An ingestible composition or its manufacture substantially as described herein.

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